

Nerve_Sedative_Formula_2004.txt

Nerve Sedative Formula

- 2 - parts Valerian Root
- 2 - parts Lobelia Seed Pods
- 2 - parts Passion Flower
- 1 - part Hops Flowers
- 1 - part Black Cohosh
- 1 - part Blue Cohosh
- 1 - part Skullcap
- 1 - part Wild Yam

Remember a 'part' is a measurement by volume = handful, cup, tablespoon, etc.

Love,

Doc

Ian 'Doc' Shillington N.D.
Dr.IanShillington@GilaNet.com
505-772-5889